

Chesterfield Council on Aging

February 2024 Newsletter



Chesterfield COA & Community Center
 400 Main Road, PO Box 7
 Chesterfield, MA 01012

Jan Gibeau, Director
 coa@townofchesterfieldma.com
 413-296-4007

February Calendar of Events

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 First Day of Black History Month Blood Pressure Clinic 11am Grab' N' Go Meal 11:30am Oil Painting 1pm Computer Class 1-3	2 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
5 Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	6 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	7 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	8 Grab' N' Go Meal 11:30am Brown Bag 11:30am Computer Class 1-3 Oil Painting 1pm	9 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
12 Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	13 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	14 Valentine's Day Breakfast 9am Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	15 Grab' N' Go Meal 11:30am Oil Painting Class 1pm Computer Class 1-3	16 Smooth Moves 9am Strength for Life 10am Mahjong 1pm
19 Presidents' Day	20 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	21 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm	22 Grab' N' Go Meal 11:30am Computer Class 1-3pm	23 Smooth Moves 9am Strength for Life 10am Mahjong 1pm <hr style="border-top: 1px dotted black;"/> MVP Winter Fun Festival 1-4pm
26 COA Board Mtg 10am Grab' N' Go Meal 11:30am Winter Watercolor Class 1pm	27 Chair Yoga 10am Tech Drop In 11-2 Mahjong 1pm	28 Easy Tai Chi Exercise 12pm Tai Chi 1:30pm Fiber Friends 7pm	29 Grab' N' Go Meal 11:30am Oil Painting Class 1pm Computer Class 1-3	

February Classes & Events

Mondays:

COA Board Meeting: February 26th, 10am
Grab and Go Meal: 11:30am
Winter Watercolor Class: 1pm (no class 2/19)

Tuesdays:

Chair Yoga: 10am
Tech Drop In: 11am-2pm
Mahjong: 1pm



Wednesdays:

Easy Tai Chi Exercises: 12-1:15pm
Tai Chi: 1:30pm
Fiber Friends: 7pm (4th Wednesday)

Thursdays:

Grab and Go: 11:30am
Computer Class: 1-3pm
Blood Pressure Clinic: 11:30am, (1st Thurs.)
Brown Bag: 11:30am, (2nd Thurs.)
Oil Painting Class: 1pm (No class Feb. 22nd)

Fridays:

Smooth Moves: 9am
Strength For Life: 10am
Mahjong: 1pm

It's time to start dreaming!

Help us design our events, workshops, class and program offerings for 2024!

We certainly have a robust set of programs at the Chesterfield COA, but we are always looking to grow and adapt to the needs of our community. We want YOU to share your interests and ideas in our 2024 COA Program survey! We'll soon be sending out a survey in hopes of gauging your interest in attending programs at the COA. Get those noggins fired up- let's plan 2024 together!



Art Classes are BACK!

Lena Garcia is offering a winter watercolor and oil painting class- all are welcome!

All classes are hosted at the
Chesterfield Community Center
400 Main Road, Chesterfield, MA 01012
Check out the descriptions and details below.

Winter Watercolor Painting Class

Mondays 1pm-3pm

Jan 22 - March 25 (9 classes) (No Class Feb. 19)

Suggested Donation of \$10 per class
Supply list provided upon registration
Register at www.lenagarcia.com

Oil Painting Class

Thursdays 1pm-3pm

Jan 25 - March 29th (No Class Feb. 22)

Suggested Donation of \$10 per class
All materials and supplies provided
Register at www.lenagarcia.com

Bring your Heart to Breakfast

VALENTINE'S DAY



A Free breakfast for

Chesterfield Residents 60+

February 14th at 9am

at the Chesterfield Community Center

To register, please call the COA
(413)-296-4007

Or Email us:

Brooke.coa.chesterfield@gmail.com

MVP Winter Fun Festival

When: February 24th (snow date February 25)
from 1pm-4pm

Where: Chesterfield Community Center & the
Town's 6 North Road property

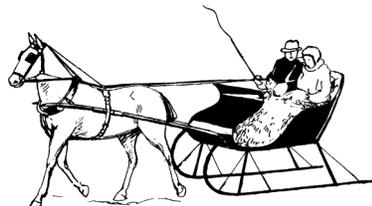
What: Sleigh/hay rides, sledding, a bonfire,
live music, visiting dignitaries, an introduction
to what MVP is and how you can get involved,
free food and soft drinks.

Come join us for an afternoon of fun, community spirit, and education on the MVP program! The theme of this event is "There is no place like

home,” highlighting Chesterfield as a great place to live today and tomorrow.

MVP? Most Valuable People? Everyone in Chesterfield is in that group! However, MVP has a different meaning here.

MVP stands for Municipal Vulnerability Preparedness. The State of Massachusetts has launched a grant program to help towns begin the process of planning for climate change resiliency and implementing priority projects. Communities are awarded funding to complete vulnerability assessments and develop action-oriented resiliency plans. Chesterfield became an MVP community in 2019 and was awarded two MVP grants in August of 2023. One of the grants has been designated to do an assessment of the town’s properties focusing on how viable these properties are in terms of climate vulnerability and how the town can best address deficiencies. The second grant is to educate the public on how climate change is impacting our lives in Chesterfield and to bring us together to build community consensus on how best to move forward in this ever-changing world.



We hope you can make it to the festival!
For more information, please contact
mvpecomm@townofchesterfieldma.com

Triad Delivers Sand Buckets to Community Members Ahead of Winter Storm



Pictured left to right: Sgt. Marcy Brougham (HSD), Deputy Sheriff John Demko (HSD), Chesterfield Chief of Police, Michael Malouin, and Chesterfield Highway Superintendent, Matt Smith

Hampshire County Triad teamed up with the Chesterfield COA, Police & Highway Departments to deliver free buckets of sand to older adults in our community. These sand buckets were greatly appreciated by our community members, just in time for our first big storm! Sending a big thanks to Hampshire Triad and our town Highway and Police departments.

GET BUSY THIS FEBRUARY ENGAGE WITH YOUR COMMUNITY COA

GET CONNECTED

TECH SUPPORT HOURS COMPUTER CLASS

RELEASE ENDORPHINS WITH EXERCISE

TAI CHI STRENGTH FOR LIFE CHAIR YOGA

EASY TAI CHI SMOOTH MOVES

SOCIALIZE & ENJOY YOUR CREATIVITY

OIL PAINTING WINTER WATERCOLOR FIBER FRIENDS

IMPROVE YOUR MEMORY

MAHJONGG MORE WORKSHOPS TO COME!

SOCIALIZE

COMMUNITY EVENTS SHARED MEALS CONCERTS & MORE!

Profile: Bev Henrichsen

Bev Henrichsen, Vice President of the Chesterfield Council on Aging, joined the Chesterfield COA Advisory Board in 2022. Bev brings with her many years of experience, accomplishments and leadership in the field of Domestic Violence, including being a Court Appointed Special Advocate (CASA) for children in the foster care system and Executive Director of a three county domestic, sexual violence and child abuse shelter program. Bev has also served as a trainer in a variety of settings, including Community Dispute Resolution, Domestic Violence trainer at law enforcement academies, a trainer of social work and journalism students about domestic violence, and as a Domestic Violence Trainer at the Michigan Attorney General's Office. Most recently she worked as an Domestic Violence advocate with the Hilltown Community Health Center in the northern hilltowns, and as an Advocate for Domestic Violence Intervention Project (DVIP) for NWDA's Office.

Bev is no stranger to the challenges of communication. She developed and facilitated workshops such as “Journaling for the Health Of It”, ran a vid-

eography business, and was a professional interviewer for TV and Public Radio.

Among Bev's many contributions to the COA, she chairs the newly formed program committee. Bev noted "The programs have grown so much, and the board is taking on more responsibilities to manage the growth. It's a huge job for just one or two people to do." Having served on and reported to many boards, Bev has the experiences needed to support the work of the COA. When asked about the programs that she likes the most at the COA, she replied that she loves the art classes and thinks the community meals for older adults are wonderful. Bev has made a number of friends through her work at the COA, and looks forward to meeting more volunteers and community members.

Bev and her wife Peg have been residents of Chesterfield since November 2017. Since their arrival, Bev has become an active player in the community and has served as a volunteer in many activities.

When asked "What do you like to do here in town?," she responded by saying "Doing nothing that I don't want to!" Bev has a great sense of humor but it rings through loud and clear that service to others is a huge passion of hers. When asked why she likes living in Chesterfield: "It reminds me of a lot of the Upper Peninsula" (her previous home in Michigan). Bev grew up on a forty acre horse farm and she loves that Chesterfield shares some characteristics with her hometown. She noted the openness, the trees, and the feeling of peace.

Bev is quite literally a helping hand. She's a very handy person- in fact, that's how she got her start with the COA. She built and fixed things for the COA, served as a volunteer for other activities and events, and then agreed to join the Advisory Board.

In her spare time, Bev uses her creative ability to make wood art (like wall-hangings and toys) and shares her art in craft shows, and with friends and family. "There's nothing more wonderful than the smell and feel of wood". Bev loves to write and journal- she finds these practices to be therapeutic and fun. Bev has three daughters, ten grandchildren, nine great-grandchildren, and numerous "grand-dogs and grand-cats."

In each place she lived, Bev has used her skillset to serve her community. She describes envisioning herself jumping from lily pad to lily pad, carrying skills and experiences from her previous role into her next opportunity to serve her community. We are fortunate that she's landed on our Chesterfield "lily pad".



Happy Birthday in February!

Frank Bisbee, Cassandra Burgess, Thomas Lemire, Jennifer Hakkarainen, Craig Pittsinger, Karen Laroche, James Lawson, Nathan Clark, Judith Leblanc, Robert Scott, David Pruzynski, John Steins, Paula Valencik, Margaret McWherter, Jeffrey Frechette, Eleanor Smith, John Chandler, Peter Turomsha, Sylvia Shea-Lapinski, Conrad Rosinski, Cynthia Berube, Ernest Lyon, Linda Urban-Lyon, Johanna Adams, James Dilts, Sherrill Redmon, Marian Baranowski, Richard O'Connor, Elizabeth Smith, Sandra Renaker, Arthur Press, Louise Berniche



The Chesterfield Council on Aging benefits from your support for our programs for Chesterfield seniors!

I would like to contribute to the Chesterfield COA. My contribution of \$ _____ is attached.

(Please make out your check to "Town of Chesterfield" and write "COA programs" in the memo line; mail to Janice Gibeau, Director, Chesterfield COA, PO Box 7, Chesterfield, MA 01012.)

Name _____ Telephone _____

Address _____

Email _____

Technology Help and Training for February



Tech Drop in Center Hours:

(no appointment needed)

- Weekly on Tuesdays from 11:00 to 2:00 at 400 Main Rd Chesterfield Community Center
- Meekins Library Drop-In tech support on Tuesday 2/13 from 10 to Noon, Williamsburg
- Nash Hill Place Resident Drop-In tech support, Thurs 2/22 from 10:00 to Noon

Tech Training:

- Beginner's Windows Computer Class continues, weekly Thursdays 1:00 – 3:00, Chesterfield Community Center, 400 Main Rd, lower level
- Intermediate Windows Computer Class sign-up starts now, classes to begin in March.

Must register for classes or workshops.

Email coaTechConnect@gmail.com; call or text **413-296-5080**, or sign up through the website www.northernhilltownscoas.org

Must register one week before the scheduled training date.

Tech Help Requests or Volunteering:

- Support available by email: coaTechHelp@gmail.com, phone or text msg **413-296-5080**. Response within 24 hours.
- See our updated website www.northernhilltownscoas.org to sign up online as a volunteer or to request tech assistance.

Event Save The Date:

On **Saturday, April 6th** we will be holding a **Tech Connect event** with vendors, mini-workshops, information, and activities at New Hingham Elementary School, Smith Rd, in Chesterfield.

Watch for more information in the coming month.



Would you like to receive your newsletter, in color, by email instead of snail mail?

If so, please email Kristen at regionalcoanews@gmail.com to be put on the email list. Include your address so I will know which mailing list to take you off of. Thanks!



Seniors Aware of Fire Education

We were now in "Open Burning Season" which began Jan. 15 and ends May 1. This is the time in which you may burn brush, cane, driftwood and forest debris outside. It is against the law to burn construction material or debris. Here are some safety tips for outdoor burns:



- Get a burning permit from your town. They are issued on a daily basis based on weather conditions.
- An adult must attend the fire until it is totally extinguished.
- Have fire control materials at hand — water supply, rakes, and shovels.
- Pick an open area 40 feet from any structure in which to build the fire.
- Do NOT use gasoline or any other combustible liquid to start the fire.
- If the wind picks up, be ready to quickly extinguish the fire.
- If the fire gets out of control, immediately call for help - 911.

The reason I have chosen Open Burning Season for the February topic is because the best time to prevent wild, out-of-control fires is to burn during wet, snowy conditions. These conditions help keep the fire from rapidly spreading on and under ground.

You even have one more day in February to be fire S.A.F.E.!

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

The Senior SAFE program is sponsored by many of your fire departments and the MA Dept. of Fire Services.

Love is in the Air, but also...

It is the Valentine season again! Love it. But there are issues for some folks around this time of year. One of our friends, a very educated and smart but lonely guy, joined a dating service. He went 0 for 4 on successful interactions. I asked him if he had any advice to share, and this is what he sent.

"I would like to share my thoughts on online dating. My experiences have not been good. I have had four horrible experiences and unfortunately I got burned big time on one of them. The patterns as I look back are similar. Unfortunately you tend to ignore red flags until it is too late. The following patterns are serious red flags:

1. All of them start off by telling you how nice it is to meet you. "You are the first person since my husband died that I feel a real connection to." "Let's move slow before we move to texting, phone before meeting." Always a hint of being flirtatious.
2. They ask a lot of questions about you but are very vague about themselves.
3. They send photos, nothing inappropriate, but ask for none in return.
4. No interest in your past relationships (like why am I online), have been married, kids, etc.
5. When texting, you respond within a reasonable period of time, they respond sometimes hours later with one or two words. They rarely ever respond by using your name, appears to be honey, babe, etc.
6. when texting for specific information, they immediately respond with a text so lengthy, you wonder if it has been scripted.
7. In my case, all have appeared to either been self-employed and/or business owners, and some emergency has come up. "I know we have known each other a short period of time, but can you send me...?"
8. When I have asked for the local address or to send me a copy of their driver's license, I get responses like, "I have trust issues", "If we are going to be life partners, why can't you do this?" etc.

The last one was really good. We had telephone conversations, etc. We were supposed to get together like the next day or a weekend. She called me to say her work required her to go out of town. Shortly thereafter, a panic phone call of an emergency where she needed to borrow \$5,500 until she returned home.

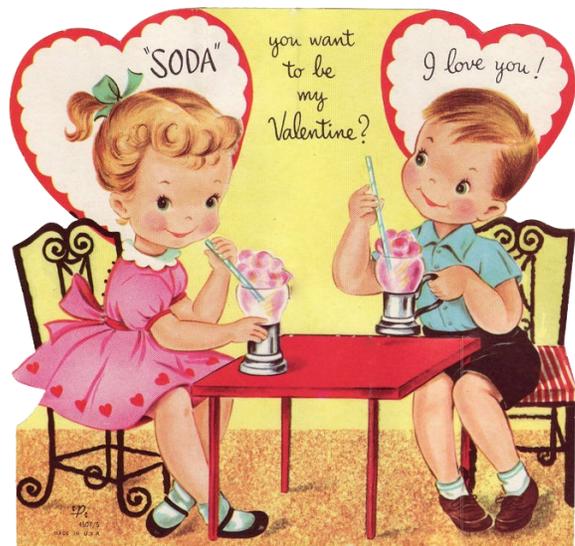
Hope this helps. I have no more shame to hide. By the way, I decided to give up online dating."

Be safe, y'all.

Jean O'Neil

TRIAD Committee member

jeanoneilmass@gmail.com; 413-268-2228



February's Good News

By Deb Hollingworth

Recently I've had questions about lifeline services; what they cost and how to get them if you don't have a land line anymore. There are several possibilities including subsidies for both your land line bill and/or your wireless/Smart phone bill. Utility companies are mandated to provide discounts for low income customers. So if you live in subsidized housing or receive SNAP benefits or have MassHealth, you qualify. This applies to both a land line or a wireless bill. To get more information and help applying, you can call Verizon at 1-800 Safe-Link. ((1-800-723-3546). If Verizon is your phone carrier, they will discount your bill. However, the discount is only about \$10/month for a land line, and \$5.50/month for wireless. If you have a Smart phone you might explore apps that act as a lifeline.

For folks who have a land line, but can't afford the Lifeline service fee of about \$30/month, Highland Valley offers to pay for lifeline if you have a medical condition that makes you susceptible to falls. If you call Highland Valley Elder Services at 413-586-2000, you can ask to speak to their Benefits counselor who may have more suggestions on how to cut costs. Also, MassHealth will pay for a lifeline if your doctor orders it. (Like getting a prescription from your doctor).

Lifeline works when you fall at home, but there are additional features for mobile lifelines in case your car breaks down, or you sprain an ankle while hiking in the woods and need help. The GPS feature can guide emergency responders to your location.

With luck, you may never need to use your lifeline. But you and your family and friends will have some peace of mind knowing you have one.

On the Road Again...

2024 Trips



Contact Francine Frenier to reserve your seat **before** mailing any payments to determine availability: 413-296-4291, francine.frenier@gmail.com. Mailing address: 11 Stage Rd., Williamsburg, MA 01096.

Day Trip April 5 or 15th. Culinary Institute of America-- Enjoy a "CIA" experience with lunch at Catarina DeMedici. Free time to explore the bookstore and bake shop. The \$125 Payment to Francine Frenier is due by February 20th. Please mail a check to the address above. This trip will depart from S. Hadley.

Day Trip Tuesday, May 14. Neil Diamond -The Tribute from Las Vegas - Rob Garrett, known as the King of Diamonds, performs at the Aqua Turf Club, CT. Family style meal of Chicken ala Kathryn & Broiled Scrod included. The \$137 Payment to FNCS is due by March 12. Please mail them to the address above. **Two seats available.**

Nine Day Trip May 29- June 6, 2024. Nova Scotia, Prince Edward Island & New Brunswick. Passport required. Check your expiration date. Cost \$1,644, per person dbl. occupancy - \$25 discount if paid in full by **February 20th**. Make payment to Diamond Tours and mail to the address above. **Four openings.**

Day Trip Thursday June 13. Timeless Music Pop to Broadway – Luncheon and Show at Storowton Tavern Carriage House in W. Springfield. Self-drive or carpool. Cost is \$77 made out to Chesterfield COA and mailed to address above. Chesterfield seniors: please call for pricing.

Day Trip Thursday, July 11th. Lake Sunapee Luncheon Cruise- Vermont Country Store. A two hour luncheon cruise on Lake Sunapee in New Hampshire. This trip includes Luncheon buffet and a stop at the Vermont Country Store. The \$118 Payment to Landmark Tours is due by May 10. Please mail to the address above. **This trip sold out last year, so reserve early.**

Day Trip Wednesday, August 7th. Resorts World Casino-- Catskills, NY trip. Can you get enough of **Elvis**? Enjoy a lovely ride to the Catskills. Included: King in Concert show, Buffet Lunch and \$25 free slot play, driver gratuity. The \$145 Payment to FNCS is due by May 5. Please mail to the address above. Please include your date of birth for the player card. **THIS TRIP IS A GO.**

Day Trip October TBD. Lake George Cruise- Take a 2 hour luncheon cruise through the vistas of Lake George. The Captain's Luncheon Buffet

will be served on board. Keyboard entertainer performs. Stops at scenic Prospect Mountain and the Lake George Outlets with 30 stores to explore. The \$131 payment to Landmark Tours is due by August 19th. Please mail to the address above. **This trip sold out last year, so reserve early.**

Four Day Trip September 30- October 3. Lancaster, PA. Sight & Sound production of the biblical show Daniel. Cost \$646, per person dbl. occupancy - \$25 discount if paid in full by **June 20th**. Includes: Sight & Sound Theater show, tour of Philadelphia, time in Hershey's Chocolate World, 6 meals, hotels, driver gratuity. **Make payment to Diamond Tours and mail to the address above. Call now to reserve your spot.**

Day Trip Friday December 13. Festival of Trees and Red Rose Lunch. Enjoy the uniquely decorated Christmas Trees at the Mass Mutual Center in Springfield. Enter a chance to win a tree and associated gifts. Some are worth hundreds of dollars. Then walk over to the Red Rose Italian Restaurant for lunch: pizza, salad and bread. The \$TBD Payment is due by October 25. Please mail to the address above.

Do you know about the Hilltown Driver Pool Program?

This is a door-to-door service provided by members of your community looking to support your occasional transportation needs to important medical appointments, related errands and trips to the grocery store. Residents from the towns of Chesterfield, Cummington, Goshen, Hinsdale, Peru, Plainfield, Windsor, Westhampton and Worthington who are ambulatory and at least 60 years of age are eligible for service. This is a grant-funded program; suggested donations range from \$5-\$10. Interested in being a driver? Schedules can be very flexible. For services or more information about supporting this program as a driver reach out to Ed Pelletier at **(413) 296-4232** or email: ride@hilltowncdc.org.



Please take this Hilltown CDC survey:

The Hilltown CDC is applying for funding that supports important programs in our community: the Goshen Food Pantry, the HEN Program, Health Outreach Program and the Housing Rehabilitation Program. You **do not** have to be a recipient of these programs, but **you do** need to be a Hilltown resident. Please take a few moments to share your important feedback and support of this valuable Hilltown resources:

<https://www.surveymonkey.com/r/KTMT25C>

Chesterfield Council on Aging
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Chesterfield, MA 01012

PRSR STD
US POSTAGE
PAID
PERMIT 183
Greenfield MA

Chesterfield COA

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Francine Frenier, Secretary &
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Laura Dimmler
Marianne Drake
Lynne Hicks
Marianne Hoag
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Financial Advisor: Nancy Hewes
Librarian: Dee Cinner
HVES Rep: Jan Gibeau
Art Com: Gigi Kaeser, Chair;
Dee Cinner



Jan Gibeau, Director
Lorrie Childs, Data/Financial
Accounting Manager
Brooke Bullock, Admin Asst.
Kristen Estelle,
Newsletter Designer

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CHARITY SCAM

You get a call from a charity looking for donations. Scammers try to fool you into giving money using these tactics:

- They rush you into making a donation;
- They use names that sound like a real charity;
- They change the caller ID to make you think it's a local caller.

WHAT CAN YOU DO TO MAKE SURE THE MONEY IS GOING TO A GOOD CAUSE?

- Research the charity before donating;
- Verify that the organization is registered with the MA Attorney General's Office;
- Look up the charity online & read what others are saying about it.



If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit:

Greenfield (413) 774-3186
Northampton (413) 586-9225



Working in cooperation with the Office of the MA Attorney General